



ELEMENTARY SEXUALITY EDUCATION PLAN 2020-2021

SCHOOL: **Cedarcrest School**

PRESCHOOL 4 & 5

THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
<p>PRESCHOOL (optional) N/A</p>		<p>WHO: <i>Please check the one that applies</i></p> <ul style="list-style-type: none"> <input type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: throughout the year</p> <p>DURATION: 5 jours</p> <p>SUBJECT AREA: preschool teacher</p>		<p>WHO: <i>Please check the one that applies</i></p> <ul style="list-style-type: none"> <input type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN:</p> <p>DURATION:</p> <p>SUBJECT AREA:</p>		



ELEMENTARY SEXUALITY EDUCATION PLAN 2020-2021

CYCLE 1 ELEMENTARY

THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
GRADE 1	<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: March</p> <p>DURATION: 3 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Mind: Knowledge and questions about sexuality ▪ Heart: Emotions, feelings and expression ▪ Body: growth, needs, 5 senses & hygiene 		<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: May</p> <p>DURATION: 1 hour</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Definition of sexual assault ▪ Self-protection skills ▪ Self-Defense skills ▪ Reporting an incident 	<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: April</p> <p>DURATION: 1 hour</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Respect for individual differences ▪ Individual choices: activities, preferences, interests ▪ Gender roles associated with girls and boys 		



ELEMENTARY SEXUALITY EDUCATION PLAN 2020-2021

CYCLE 1 ELEMENTARY						
THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
GRADE 2		<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: March</p> <p>DURATION: 2 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Knowing your body ▪ Using correct terms for the parts of the body ▪ Bodily needs: Hygiene, food, physical activity, sleep, etc. 	<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: April</p> <p>DURATION: 2 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Range of feelings toward the people in your life ▪ Positive feelings: Love, trust, respect, loyalty, etc. ▪ Negative feelings: jealousy, disappointment, sadness, etc. 	<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: May</p> <p>DURATION: 1 hour</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Understand the phenomenon of birth (organs involved in reproduction) 		



ELEMENTARY SEXUALITY EDUCATION PLAN 2020-2021

CYCLE 2 ELEMENTARY

THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
GRADE 3	<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: March</p> <p>DURATION: 1.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Aspects of sexuality (body , heart , mind) and messages conveyed by social environment 		<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: April</p> <p>DURATION: 1.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Definition of sexual assault ▪ Self-protection/self-defense ▪ Reporting an incident 	<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: May</p> <p>DURATION: 2 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Stereotypes conveyed about girls and boys ▪ Establishing egalitarian relationships 		



ELEMENTARY SEXUALITY EDUCATION PLAN 2020-2021

CYCLE 2 ELEMENTARY

THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
GRADE 4		<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: March</p> <p>DURATION: 1.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Main changes associated with puberty ▪ Feelings about growing up : positive- Pride, excitement independence Negative- unease , embarrassment 	<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: April</p> <p>DURATION: 2 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Definition & perceptions of friendship and love ▪ Characteristics of a friend and importance of friendships ▪ Acceptance of diversity, concern for others , empathy, commitment, respect, dealing with conflicts 			<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input type="radio"/> Approved organization <p>WHEN: May</p> <p>DURATION: 1.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Positive attitudes associated with each gender ▪ Peer relationships and the social environment



ELEMENTARY SEXUALITY EDUCATION PLAN 2020-2021

CYCLE 3 ELEMENTARY

THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
GRADE 5		<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input checked="" type="radio"/> Approved organization <p>(SHINE)</p> <p>WHEN: January , March</p> <p>DURATION: 2.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Role of hormones ▪ 5 stages of physical puberty ▪ Needs of changing body: hygiene , food, sleep, phys. activity ▪ Psychological changes: need for independence , intimacy, moodiness, exploration of values and norms ▪ Feelings about puberty 			<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input checked="" type="radio"/> Approved organization <p>(SHINE)</p> <p>WHEN: January ,April</p> <p>DURATION: 2.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Real world situations involving someone you know ▪ Virtual world situations ▪ Self-protection /self-defense ▪ Seeking solutions , asking for help , protecting a friend by reporting to an adult in the real or virtual world 	



ELEMENTARY SEXUALITY EDUCATION PLAN 2020-2021

CYCLE 3 ELEMENTARY

THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
GRADE 6	<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input checked="" type="radio"/> Approved organization (SHINE) <p>WHEN: January & March DURATION: 1 hour</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Biological dimension: liking and feeling good about your body, understanding how the bodies of girls and boys change ▪ Socio-cultural & interpersonal dimensions: rules for living together in society, need for relationships 	<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input checked="" type="radio"/> Health Care Professional <input type="radio"/> Approved organization (SHINE) <p>WHEN: January & April DURATION: 1 hour</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Understanding the changes that will take place with puberty ▪ Individual variations in puberty ▪ Individual differences in body type ▪ Genetics, heredity, diet, environment lifestyle 	<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input checked="" type="radio"/> Approved organization (SHINE) <p>WHEN: January & May DURATION: 1 hour</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Puberty: influence of hormones ▪ Physiological Manifestations ▪ Romantic awakening-attraction, changes in interpersonal relationships 			<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <input checked="" type="radio"/> Teacher <input type="radio"/> Board Professional <input type="radio"/> Health Care Professional <input checked="" type="radio"/> Approved organization (SHINE) <p>WHEN: January & February DURATION: 2 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> ▪ Understanding how discrimination based on gender identity , gender expression and sexual orientation can affect people ▪ Respecting sexual diversity and differences